

H1N1 Information

Visit this link for updates on the 2009 Pandemic Flu, and to learn ways you can stay healthy!

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

If you feel well: Healthy residents living in areas where cases are being confirmed should take everyday preventative actions.

If you are ill: Individuals who are sick with influenza-like illness (fever and one or two of the following: cough, sore throat, runny nose) are reminded to take standard measures to limit spread of disease such as frequent hand washing, covering their cough and avoiding going to work, school or other settings where they could infect others. Individuals should consult with their primary medical provider if their symptoms are not being managed effectively with over-the-counter medications or if they have other medical conditions such as pregnancy or chronic illness. If you become ill within seven (7) days of having traveled to Mexico, or locations in the United States and Canada where confirmed cases have occurred, you should take all of the above measures and consult with your primary care physician to determine if you need testing or treatment.

If you become ill at work: As is generally recommended, individuals who note the onset of influenza-like illness while at work should take measures to prevent the spread of disease such as leaving work in order to limit the potential exposure to others, cover their coughs and reinforce hand hygiene.

Iowa Department of Health

The Iowa Department of Health has set up a toll-free hotline to answer Iowan's questions about H1N1 Flu. The toll-free number is 1-800-447-1985

More information from the Iowa Department of Public Health is available here:

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http://www.idph.state.ia.us/adper/swine_flu.asp

Department of Health and Human Services

Answers questions about H1N1 in the United States

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<http://pandemicflu.gov/faq/swineflu/>

Center for Disease Control and Prevention

Provides general information, frequently asked questions (in English and Spanish), updated cases of infection by state and travel information.

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<http://www.cdc.gov/swineflu/>

World Health Organization

Provides the latest information about the WHO's global response to swine influenza outbreaks

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<http://www.who.int/csr/disease/swineflu/en/index.html>